**Immersion into   
*The River of Life***

*Experience the Holy Spirit - A 12-minute introduction to your   
daily devotional time, or linger and expand into a longer devotional*

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| **Goal of this exercise:** To be “in Spirit” focusing on and completely surrendering to *the Holy Spirit, allowing Him to transform, heal and empower you.* You relax and refresh as you experience His healing touch.  **Soak:**Soaking and abiding increase the Spirit’s fruits and manifestation (Gal. 5:22-25; 1 Cor. 12:7-11). As you enter the picture below of the rising water of the Holy Spirit, giving life to everything it touches, feel free to **linger** around any section of your body which needs a special touch from the Lord. Ask the Lord what emotions contributed to the ailment, and what His thoughts/emotions are that He would provide as replacements. Receive them. Feel His emotions of gratitude and thanksgiving springing up. This healing experience is your NEW reality. (Eph. 1:17; 2 Cor. 3:17,18; 4:17,18; Phil. 4:8; Mk. 11:22-24).  Transformation occurs when God’s thoughts, pictures and emotions have a level of intensity and energy greater than the hardwired programs in your brain and the existing emotions of your body. So abide and gaze upon your new self in Christ and receive His impartation until this state of heightened kingdom emotions is achieved.  **Tune to the Spirit by:** Tuning to flowing thoughts, flowing pictures and flowing emotions.  **Enhance Spirit awareness:** *Whatever you focus on grows within you. Whatever grows within you, you become.* So focus on the Spirit and fix your eyes on what Jesus is saying, doing and showing you (Heb. 12:1,2; Gal. 5:25).  **A template:** Feel free to flow from this template in any way the Spirit is directing, every time you use it. He is your guide. He is the One you have come to encounter. Let Him rule.  **Deepen Scriptural understanding by reading:** Ezek. 47:1-12; Rev. 22: 1,2; Jn. 5:1-7; Jn. 9:7  **Physical setting:** It is recommended that you sit up in a chair with your feet flat on the floor.  **Get ready to begin:** Get some water or tea to sip; use the bathroom. If you are going to do some journaling, get your journal or worksheet ready. Get “In Spirit” (Rev. 1:9-11): Get comfortable. Relax, become calm. Put a **smile** on your face. During this devotional, breathe a bit slower and from your heart as you maintain an attitude of gratitude toward God (Deut. 28:47). Perhaps pray in tongues. Move into the present (Ex. 3:14). *Being “in Spirit” and “in the moment” is where miracles occur.* Now, let’s begin. |

**Begin by softly speaking the section below** – Slowly, meditatively, seeing it…

*Lord, I come into Your presence, to behold Your glory. I breathe You in. I breathe tension out. I relax in Your unconditional, love which sweeps over me. Thank You, Lord… As I gaze into heaven… I see God, my Heavenly Father, seated on His throne… and Jesus, His beloved Son, seated next to Him… A river is flowing from the base of these thrones …. It’s clear as crystal … and everything it touches, it refreshes… heals … and brings to life. I welcome You, Holy Spirit… touch me... refresh me… heal me…. anoint me… Thank You, Holy Spirit.* (Ezek. 47:1-12; Rev. 22: 1,2; Jn. 5:1-7; Jn. 9:7; Acts 2:1-4)

**Imagine the following** (no speaking):

As the River flows, the warm water *of the Holy Spirit* begins to rise in the room I am in… It is covering my feet and ankles… I feel the warmth of my feet as they’re immersed in this living water… The Holy Spirit is anointing my feet with peace… making me a peacemaker … where I honor all, including myself… (Eph. 6:15; Matt. 5:9; 1 Pet 2:17; Mk. 11:25)

The water of the Spirit is moving higher now, up past my shins and calves, covering my knees… strengthening… healing… restoring… (Heb. 12:12,13) I feel the weight of my legs from my knees to my feet, underwater…

I let myself relax as the water rises over my thighs… I feel my hands immersed in this warm water…Ifeel the warmth consume my wrists and forearms, giving life to everything it touches… my hands are strengthened… Thank You, Jesus…

I now become aware of the soothing water as it covers the area at the base of my spine… All organs within… are being strengthened, restored, refreshed… (Eph. 6:14)

As the water rises all the way up past my waist, I feel it submerge my forearms and elbows… as it reaches my belly, it intermingles with the energy of the Holy Spirit, the One Who lives within me… (Jn. 7:37-39; 14:27), peace flows; all my internal organs are being healed and restored. Thank You, Jesus…

As the warm water continues to climb, I notice as it moves halfway up my arms… (1 Thess. 5:23)

The water rises, immersing my chest and heart… filling me with compassion and faith… I feel the space my chest fills in this rising water. (I Thess. 5:8; Eph. 6:14; I Cor. 6:17)

Now, I sense the weight of my body, submerged in this living water…

Now the water is moving across my shoulder blades, releasing the weight of the world from my shoulders … It feels so good… ☺ (Rom. 14:17).

From my neck down, I feel the weight and density of my body, immersed under this warm water…

My chin is immersed underwater… my vocal cords are free to worship in Spirit… (1 Cor. 14:15).

I allow the soothing water to move up over my lips and around the circumference of the back of my head… I can breathe under water… I relax… the Holy Spirit consumes me… (Eph. 4:29; 1 Cor. 14:3)

I allow the water to rise above my eyes. I can see in the spirit… (2 Cor. 3:18, 4:18; Rev. 1:9-11). I feel everything from my eyes down immersed in this warm liquid. I feel it move above the crown of my head… (I Cor. 2:16)

I surrender to this warm, relaxing water and allow myself to feel my body in weightlessness… immersed in the Holy Spirit… anointed by the Spirit…

I become aware of the entire room… submerged underwater… (Acts 2:1-4),. I feel the Holy Spirit infuse energy and life into every spot in the room… and for a few moments, I feel my body floating in the Spirit…

Thank you, Holy Spirit… for Your life-giving flow...

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| ***New Creation Celebration devotionals Versions 1 - 4***[are available here.](http://www.cwgministries.org/SpiritualTransformations)  You may choose to break your devotional time up into the *“River of Life”* in the evening, and in the morning completing a *“New Creation Celebration devotional.”* |

Reflections on the “River of Life” devotional

**I was in the spirit... (Rev. 1:9-11):** In this devotional, you, like the Apostle John, will be “in spirit.” This means you are aware of, and living in, the present moment and you are tuned to your heart rather than your mind. This includes moving from Beta to Alpha brain waves:

* **Beta waves (14-32 EEG’s):** conscious thought of adults, more aware of the outer world than the inner world, analyze, reason, evaluate, anticipate, forecast, set will, and choose intentions.
* **Alpha waves (8-14 EEG’s):** place where habits and behaviors reside. More aware of the inner world than the outer world. A relaxed, meditative, imaginative state. Coherent brain waves appear (meaning all parts of the mind are in communication with each other). Stress energy is freed, which can now be applied to restoring and healing.

I lose self-consciousness and become spirit conscious. This is called “being in spirit.” The unconscious part of me resides in Alpha level. That is the part of me which runs and maintains millions of reactions taking place “automatically” every second within my being. Children generally live in Alpha up to age 7 or 8, after which they move up to Beta waves, where analyzing and reasoning skills are developed.

**Becoming “in spirit”:** We move from living in a “stress mode” or “separation from God” which causes our bodies to become diseased, to living in the state of “peace,” or “union with God” which promotes healing. In the *River of Life* devotional, we invite the Holy Spirit to immerse us, to saturate us and to rest upon us. This provides divine presence which restores spirit, soul and body. We leave this state energized, restored, in peace and in harmony.

This is a wonderful way to fall asleep, or begin the day, or as a refreshing time during the day if stress hits. The *River of Life* devotional can be completed in just 12 minutes!

**Why you may shake…**

Our bodies are made of 70% water. Water naturally carries the frequencies of energy, which is why it is easy to be electrocuted in a bathtub. In addition, the 99.999% of a molecule which is thought to be empty space is actually filled with the Holy Spirit, His life, His energy and His wisdom (Col. 1:17). The energy of His Spirit, which infuses all matter, is the 99.999% of the molecule that is non-particle, and is the spiritual power which brings particle change to my body.

This would explain why our body may shake during this exercise. On the sub-atomic level, we are vibrating energy. Like a tuning fork, the healing energy of God’s Holy Spirit is interacting with the frequencies of the energies in our bodies. This causes our cells to come into attunement and alignment with the vibrations of heaven, receiving refreshing and healing as they are touched by the River of God. (Ezek. 47:1-12; Rev. 22: 1,2; Jn. 5:1-7; Jn. 9:7; Acts 2:1-4)

**Learn to SEE that it is the Holy Spirit Who is the One filling the space within all molecules -** Seeing that the 99.999% of the atom which is normally considered empty space is actually the indwelling power of God **Who fills all things** (Col. 1:17) makes a huge difference in one’s life.

**His energy rides on the carrier waves of compassion and thanksgiving** (Matt. 14:14; Phil. 4:6-8), so feel compassion and thank God for His healing touch. This releases God’s power, light, glory, and wisdom into the areas needing restoration and healing.

See this. Feel it. Think it. Speak it. Believe it. Bask in the glow of His radiant light, glowing in the area needing restoration.

Keep this simple and childlike. Keep a smile on your face. ☺ Surrender to His power, love and compassion.

**Overwriting hardwired responses** – Requires clear intention **and** kingdom emotion. *Couple God’s compassion and your thanksgiving with His clear intentions and release His miracles.* Open up new receptors and signal new genes in new ways. This promotes healing. Think, see, speak, feel this occurring.

**Focusing healing on a specific area of your body -** This devotional can be easily adapted to the healing of a specific organ or section of your body which needs restoration. In this case, you may want to Google pictures of what that **healed organ or body section looks like**. Then while relaxing “in Spirit,” spend extra time gazing intently upon this picture, seeing the Holy Spirit recreating this section of your body perfectly. Move on to the *“New Creation Celebration”* devotional to complete the healing process. Do this daily until the healing is fully manifest in your body.

# Resources

[The Treasure Chest – Spirit-Led Prayer Organizer: Devotionals to Meet Your Specific Needs](http://www.cwgministries.org/ways-to-pray-lord-how-do-i-pray-today)